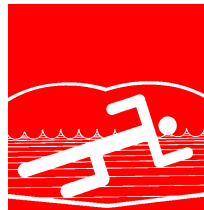


**American
Red Cross**

Southeastern Michigan Chapter Michigan Aquatic School

June 7-15, 2003

Camp Copneconic
Fenton, Michigan



Basic Level Certifications

Lifeguard Training
Waterfront Lifeguarding
Lifeguard Training Recertification
Lifeguard Management **NEW!**
CPR/Professional Rescuer
Automated External Defibrillation (AED)
First Aid
Preventing Disease Transmission
Camp Health Officer
Small Craft Safety: Canoeing, Rowing

Instructor Certifications

Water Safety
Lifeguarding
Waterfront Lifeguarding
CPR/Professional Rescuer
Automated External Defibrillation (AED)

Safety Services
Southeastern Michigan Chapter
American Red Cross
100 Mack Avenue
Detroit, MI 48232-5351
(313) 576-4101
Fax: (313) 576-4113

Course Descriptions

Course: **Red Cross Water Safety Instructor, Lifeguard Training, and Waterfront Lifeguarding**

Prerequisites: At least 17 years of age, Level VI swimming skills, and in sound physical condition. Level VI skills include competency in front crawl, back crawl, sidestroke, breaststroke, elementary backstroke, and butterfly. Must have the ability to swim 500 yards continuously using front crawl and breaststroke. Swim 20 yards, dive to a depth of 7 feet, retrieve a 10 pound object, and return to the starting point.

Purpose: Provides instructor candidates with the knowledge and skills needed to teach all American Red Cross swimming courses. The curriculum includes First Aid, CPR for the Professional Rescuer, Preventing Disease Transmission and AED Training. Water Safety Instructor certification is awarded upon successful completion. A Lifeguard Training certificate and Waterfront Lifeguarding certificate are also issued. This course meets the State of Michigan requirements for Camp Waterfront Directors and Lifeguards.

Cost: \$300 (fee includes instruction, room, board, and course materials)

Dates: June 7 (8 am) through June 15 (Noon)

Course: **Red Cross Lifeguarding Instructor and Waterfront Lifeguarding Instructor**

Prerequisites: At least 17 years of age and in sound physical condition. Must have ability to Swim 500 yards continuously, using these strokes in the following order: 200 yards front crawl using rhythmic breathing and kicking; 100 yards breaststroke; and 200 yards front crawl using rhythmic breathing and/or breaststroke. Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return it to the surface and swim 20 yards back to the starting point.

Purpose: Provides instructor candidates with the knowledge and skills required to teach Lifeguard Training, Waterfront Lifeguarding, CPR for the Professional Rescuer, First Aid, Automated External Defibrillation (AED), Oxygen Administration and Preventing Disease Transmission. First Aid, CPR for the Professional Rescuer, AED, Waterfront Lifeguarding, Lifeguard Training, Oxygen Administration and Preventing Disease Transmission certifications are also issued. The certifications awarded upon successful completion meet the State of Michigan requirements for lifeguards and the training of lifeguards at pools and non-surf waterfront settings.

Cost: \$300 (fee includes instruction, room, board, and course materials)

Dates: June 7 (8 am) through June 15 (noon)

Course: **Red Cross Lifeguard Training and Waterfront Lifeguarding**

Prerequisites: At least 15 years of age and in sound physical condition. Must have ability to Swim 500 yards continuously, using these strokes in the following order: 200 yards front crawl using rhythmic breathing and kicking; 100 yards breaststroke; and 200 yards front crawl using rhythmic breathing and/or breaststroke. Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return it to the surface and swim 20 yards back to the starting point.

Purpose: Provides participants with the knowledge and skills needed to become lifeguards at pools and non- surf waterfronts. Candidates learn the value of professionalism, prevention, equipment-based rescue skills, First Aid, CPR for the Professional Rescuer, AED Training, victim recognition, and surveillance skills. The certification awarded upon successful completion meets the State of Michigan requirements for lifeguards.

Cost: \$225 (fee includes instruction, room, board, and course materials).

Dates: **Select only one session.**
Session I: June 7 (8 am) through June 11 (7 pm)
Session II: June 7 (8 am) through June 8 (6 pm) **AND** June 13 (6 pm) through June 15 (Noon)

Course Descriptions

Course: **Red Cross Lifeguard Training Recertification**

Prerequisites: Prior certification from a nationally recognized Lifeguarding course. Candidates may have current or expired certification.

Purpose: The Lifeguard Training Recertification is designed for participants who have previously taken Lifeguarding and wish to be recertified. This recertification includes CPR for the Professional Rescuer, AED Training, and First Aid certification.

Cost: \$100 (fee includes instruction, lunch, and course materials)

Dates: (Select only one session.)
Session I: June 8 (8 a.m. - 5 p.m.)
Session II: June 14 (8 a.m. - 5 p.m.)

Course: **NEW! Red Cross Lifeguard Management**

Prerequisites: Current Lifeguard Training certification from a nationally recognized Lifeguarding organization.

Purpose: Provides participants with the skills and knowledge needed to effectively manage lifeguards and to create a safer aquatic facility. Also covers the responsibilities of a lifeguard supervisor, the selection and training of lifeguards and team building principles of injury prevention, risk management and emergency response planning.

Cost: \$75 (fee includes instruction, lunch, and course materials)

Date: June 13 (8 am - 5 pm)

Course: **Camp Health Officer, Red Cross First Aid Responding to Emergencies, CPR for the Professional Rescuer and Automated External Defibrillator Training**

Prerequisites: 17 years of age.

Purpose: Provides candidates with the knowledge and skills necessary to serve as a Camp Health Officer. The course meets the requirements of the State of Michigan. The curriculum includes: blood-borne pathogen training, emergency action principles, primary and secondary survey, rescue breathing, procedures for clearing airway obstructions, and CPR skills for adults, infants and children, including the use of an AED, a pocket mask, bag valve mask, and two rescue techniques. In addition, instruction on treatment for other medical emergencies such as shock, bleeding, burns, etc., is included.

Cost: \$300 (fee includes instruction, room, board, and course materials)

Dates: June 7 (8 am) through June 11 (6 pm)

Course: **Red Cross Small Craft Safety: Canoeing, Rowing**

Prerequisites: Float or tread water for 1 minute without a lifejacket, swim any stroke for 25 yds without a lifejacket, swim any stroke 25 yds while wearing a lifejacket, demonstrate basic boat handling skills by paddling or rowing a set course.

Purpose: Provides individuals such as camp personnel and trip leaders with information and skills necessary to prevent, recognize, and respond to small craft emergencies. The certification awarded upon successful completion is required for accreditation under the American Camping Association *Standards for Day and Resident Camps*.

Cost: \$110 (fee includes instruction, room, board, and course materials)

Date: June 7 (8 am) through June 8 (7 pm)

2003 American Red Cross
Michigan Aquatic School Application
Sponsored by the Southeastern Michigan Chapter

Location: Camp Copneconic - Fenton, Michigan

Prerequisites: Sound physical condition plus the course prerequisites listed on the course description page.

Note: **A signed medical form is mandatory for all multiday students.**

Medical exams are available at the school for \$50.00. Those students under 18 must also submit a Medical Release form signed by a parent or guardian.

Mr./Ms./Mrs. _____ Age _____ Birth Date _____

Home Address _____
(street number) (city) (state) (zip)

Business _____
(street number) (city) (state) (zip)

Home Telephone _____ Business Telephone _____

Medical Insurance Company _____ Policy No. _____

In case of emergency, notify _____ Phone No _____

I wish to enroll in the following American Red Cross major course of instruction.

See course description—select one:

_____ Water Safety Instructor, Lifeguard Training and Waterfront Lifeguarding: June 7-15, \$300.

_____ Lifeguarding Instructor and Waterfront Instructor: June 7-15, \$300.

_____ Lifeguard Training: June 7-11, \$225; or June 7, 8, 13, 14, 15, \$225 (Circle one).

_____ Lifeguard Training Recertification: June 8, \$100, or June 14, \$100 (Circle one).

_____ Lifeguard Management: June 13, \$75.

_____ Camp Health Officer, Responding to Emergencies, CPR-PR, and AED Training: June 7-11, \$300.

_____ Red Cross Small Craft Safety: Canoeing, Rowing: June 7-8, \$110.

Registration fee includes room, board and course materials.

I understand that participation in this school involves physical exertion. I submit that the applicant indicated above is in sound physical condition with no health problems which could be aggravated by participation in this school. The training schedule is rigorous, requiring class participation, after-hour study and practical demonstrations. I release and discharge the American Red Cross and its agents from all claims for damages arising directly or indirectly from the applicant's participation in this school.

There will be no refunds after May 23, 2003.

Please mail check, application, medical form and child medical release to:

American Red Cross
Safety Services
100 Mack Avenue
Detroit, MI 48232-5351
Attn: Pat Hope

Signature of Applicant (if 18 or older)
Parent or Guardian (if under 18)

Please make checks payable to:
American Red Cross
Safety Services
(313) 576-4101

Enrollment is limited. Applications accepted on a first-come, first-served basis.

American Red Cross

Michigan Aquatic School

Health History and Physical Examination Record

The following health and physical examination certificate is required for admission to the Michigan Aquatic School. This is for the protection of the applicant who, as a student at the school, will participate in a rigorous schedule of physical activity involving considerable periods of immersion in water. This activity requires that the student be physically fit as determined through examination by a physician.

HEALTH HISTORY (to be completed by applicant and/or examining physician)							
Are you subject to:	Headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No	Fainting Spells? <input type="checkbox"/> Yes <input type="checkbox"/> No	Chest Pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Arthritis? <input type="checkbox"/> Yes <input type="checkbox"/> No			
If you have had any of the following diseases or conditions, give date:							
Measles	Mumps	Chicken Pox	Scarlet Fever	Diphtheria	Typhoid		
Asthma	Back Problems	Knee/Shoulder Problems	Diabetes	Epilepsy	Hernia (Rupture)		
Heart Problems or palpitations	Lung Problems	Ear or Sinus Problems	Poor Eyesight	Deafness	Hypertension		
To your knowledge, have you had in the past, or do you have at present, any physical disorder that would prevent you from taking part in strenuous aquatic exercise?			<input type="checkbox"/> Yes <input type="checkbox"/> No				
Are you now, or have you been within the past year, under medical care?			<input type="checkbox"/> Yes <input type="checkbox"/> No				
To your knowledge, have you been exposed to any contagious disease within the past three (3) weeks?			<input type="checkbox"/> Yes <input type="checkbox"/> No				
Have you been vaccinated or had a booster for:		<input type="checkbox"/> Small Pox	Date	<input type="checkbox"/> DPT	Date	<input type="checkbox"/> Hepatitis	Date
Signature of Applicant				Address			
List all medications with frequency and dosage you are presently taking:							
Name				Sex	Age	Date of Examination	
Condition of Heart	Condition of Lungs		Condition of Throat		Condition of Ears		
Condition of Eyes	Condition of Skin		Has applicant developed hernia?		Blood Pressure Systolic Diastolic		
Examining physician—please read: * This person has applied for enrollment at the American Red Cross Michigan Aquatic School where he/she will participate in strenuous physical activity, including long periods of immersion in the water. * The applicant must be physically sound and strong enough to engage in these activities without ill effect. Applicant is physically able to participate in Aquatic School training: <input type="checkbox"/> Yes <input type="checkbox"/> No							
List ALL Allergies: Are immunizations up-to-date for age: <input type="checkbox"/> Yes <input type="checkbox"/> No Date of most recent TB skin test: <input style="width: 100px;" type="text"/> Date of most recent Tetanus Booster: <input style="width: 100px;" type="text"/>							
Signature of Physician		Date:		<input type="checkbox"/> Family Physician		<input type="checkbox"/> Not Family Physician	
Address:				Phone:			
Approval by Aquatic School Nurse							
Any illness or injury in the past 6 weeks? If so explain:							
I have scanned the health history and checked the physical examination and find the applicant (fit, unfit) for participation in the program.							
Signature				Aquatic School			
NOTE: The information contained in this health history and physical examination record is confidential.							

Child Information and Medical Release

Name of Child	Name of Parents		
Address	City	State	Zip
Child's date of birth	Home Phone Number		
Parent's location when child is in care (work, school, etc.)		Phone Number	
Address	City	State	Zip
Parent's location when child is in care		Phone Number	
Address	City	State	Zip
Person other than parent to be notified in an emergency when parent is not available: Name _____ Phone Number _____			
Address	City	State	Zip
Name of persons other than parent to whom child may be released: 1. _____ 3. _____ 2. _____ 4. _____			

Name of Child	
I hereby give permission to the Michigan Aquatic School at Camp Copneconic which is licensed by the Department of Social Services to secure emergency medical and surgical treatment and to provide routine, nonsurgical medical care, for the minor child named above, while attending camp.	
Parent Signature	Date